



AN ANALYSIS OF MENTAL TOUGHNESS AMONG INTERNATIONAL MALE VOLLEYBALL PLAYERS OF 12th SOUTH ASIAN GAMES

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ABSTRACT

The purpose of the study was to compare the mental toughness among India, Srilanka and Nepal kho-kho players. The subject for this study was from 12th South Asian Games 2016, which was organized by India in Guwahati (Assam). Total 36 (Thirty six) male Volleyball players, 12 players of India, 12 players of Srilanka and 12 player of Nepal were selected. The Sports Mental Toughness Questionnaire developed by A Dr. Alan Goldberg (2012) was selected for this. The selected variables was mental toughness. The obtained data were analyzed by applying analysis of variance 'F' test in order to find out the mental toughness among India, Srilanka and Nepal volleyball players. Further, the level of significance was set at 0.05 level of confidence. The finding of the study reveal there is no significant difference between India and Srilanka, Nepal Volleyball players. The insignificant difference was found may be due to the reason that the Indian, Srilanka, Nepal players undergone with very good training, tough schedule, more confident, mentally tough, moreover they are highly motivated to win the gold medal in 12th South Asian Games. It could be the reason for the insignificant difference among India, Nepal, Srilanka.

KEYWORDS: mental toughness, India, Srilanka, Nepal volleyball players.

Introduction

Jim Loehr of the Human Performance Institute, in his book *The New Toughness Training for Sports*, defined mental toughness as "the ability to consistently perform towards the upper range of your talent and skill regardless of competitive circumstances."

Mental toughness is "Having the natural or developed psychological edge that enables you to: generally, cope better than your opponents with the many demands (competition, training, lifestyle) that sport places on a performer; specifically, be more consistent and better than your opponents in remaining determined, focused, confident, and in control under pressure." (Jones, Hanton, & Connaughton, 2002, p. 209)

Mental toughness in Australian Football is a collection of values, attitudes, behaviors, and emotions that enable you to persevere and overcome any obstacle, adversity, or pressure experienced, but also to maintain concentration and motivation when things are going well to consistently achieve your goals. Gucciardi, Gordon, & Dimmock, 2008, p. 278

Although this definition was produced through work with Australian footballers, it has been generalized to other sports, including cricket, and soccer. This definition conceives of mental toughness as having both reactive and proactive qualities, meaning that mentally tough players can use mental toughness attributes to help endure and perform well during adverse situations, but can also employ other attributes of mental toughness when the game is going well, to keep them playing at their best.

Some psychologists have argued that a separate, sport-specific definitions of mental toughness should be developed. They have highlighted that the attributes of a mentally tough athlete in one sport may differ greatly from the attributes of a mentally tough athlete in a different sport. Differences have been hypothesized between male and female athletes, as well as between "team sport" and "individual sport" athletes, but to date, little empirical evidence has shown what these differences are.

Sport-specific studies of mental toughness have been conducted in cricket, soccer, gymnastics, and Australian football. These studies have not employed a common framework, although many have used the definition of mental toughness provided by either the Jones et al. study, or the Gucciardi et al. study.

Many sports focussed studies have employed the Clough model of mental toughness. They have, using samples of athletes, shown a link between toughness, coping, emotional reactivity, psychological skills and performance

Review of related literature

Davis et al. (1998) investigated mental toughness and assessed casual explanations for positive and negative reactions to imagined events using an attributional style questionnaire pessimistic explanatory style on this scale were a risk factor for negative affect and behavior following negative events. 38 elite athletes (minimum age 17.8 years) in Ice-hockey were rated for mental toughness shows. Composite explanations of negative events that was more internal, stable and global

for players above the median. The results suggest that a pessimistic explanatory style may benefit hockey performance.

Middleton et al. (2004) constructed the Mental Toughness Inventory (MTI). The MTI is a 67-item instrument designed to measure twelve components of mental toughness along with global mental toughness (i.e., 13 factors in total). The factors measured include self-efficacy, Future Potential, Mental Self-Concept, Task Familiarity, Value, Personal Best Motivation, Goal commitment, Task specific attention, and perseverance, Positivity, Positive Comparisons, Stress minimization and Global Mental Toughness.

Balaji and Jesudass (2011) studied to find out the differences in Mental Toughness among Cricket Players of different age groups. To achieve this purpose, ninety Cricket players at the age group of 10-21 years were selected from Chennai District, who regularly practice the game and participate in various tournaments. —Mental Toughness Questionnaire a standardized sports psychological inventory designed by Dr. Goldberg, was responded by all the subjects. The collected data was analyzed using simple analysis of variance (ANOVA). The results of the study showed that there was a significant difference in Mental Toughness among Cricket Players group 18 -21 years showed significantly greater mental toughness than the other two age groups. This may be due to their experience in the game.

Bhambri et al (2005).studied the effect of psychological interventions such as general relaxation, imagery and combination of both on the mental toughness dimensions of table-tennis players. the study was carried out on 32 national level table -tennis players in the age group of 12-17 years. Loehr psychological performance inventory was administered to assess their mental toughness on seven variables viz. self-confidence, negative-energy, attention control, visual and imagery control, motivational level, positive energy and attitude control. the data obtained was analyzed using ANOVA, t test and percentage distribution. the results indicate that all the 3 psychological interventions enhanced mental toughness dimensions of sportspersons. however combined intervention consisting of both relaxation and imagery therapies showed the maximum effect on mental toughness dimensions.

Mohamad et al. (2009) explore the affect of higher score of mental toughness in the early stage of the league towards winning among Malaysian football players. The instrument used in this study was the questionnaire of Psychological Performance Inventory (PPI), Loehr, 1986. The difference between the mental toughness between the categories of elite and non elite, professional and amateur players was measured. Other than that, the relationship between the players' category, status and achievement with the seven dimension of mental toughness (Self confident (SC), Negative energy control (NE), Attention control (AT), Visual imagery control (VI), Motivational (MT), Positive energy control (PE) and Attitude control (AC) was evaluated. The results from the descriptive analysis showed that the mental toughness of Malaysian football players is at an excellence level.

Objective of the study

The objective of the present study was to make a analysis of mental toughness between India, Srilanka and Nepal male Volleyball players of 12th South Asian

Games.

Selection of Subjects

For the purpose of present study 36 male Volleyball players (12 players of India, 12 players of Nepal, 12 players of Srilanka) were selected from 12th South Asian Games which was held in Guwahati, Assam (2016).

Procedure

Total 36 male Volleyball players (19-30 years of age) selected from South Asian Games-2016 which was organized by India in Guwahati (Assam). The selected variable was mental toughness. After obtaining approval for the human subjects protocol from the tournament organizer, prospective team coaches were contacted about taken the data.

Tool Used

1. Mental Toughness: The Sports Mental Toughness Questionnaire developed by A Dr. Alan Goldberg was also selected for this study, because it is most reliable, valid and suitable test to measure mental toughness of sportsman.

Measures

Mental toughness was measured by applying mental toughness questionnaire developed by Dr. Alan Goldberg (1998). Mental toughness questionnaire consists of 30 items measuring the mental toughness in five areas, i.e. rebound ability, ability to handle pressure, concentration, confidence and motivation. There was only true/false answers option in this questionnaire and subjects have to tick only one option.

Statistical Technique

One way Analysis of variance (ANOVA) was employed to find out intra-group differences. To test the hypothesis, the level of significance was set at 0.05.

Finding of the study

Table-1

COUNTRY	N	MEAN	SD	S.E.	MIN.	MAX.
INDIA	12	15.50	2.93	.848	12	21
NEPAL	12	15.00	2.52	.728	11	19
SRILANKA	12	16.83	3.09	.895	11	22
TOTAL	36	15.78	2.88	.482	11	22

Table-1 shows that mean and standard deviation of Mental toughness of India was 15.50-2.93, Nepal was 15.00-2.52, Srilanka was 16.83-3.09.

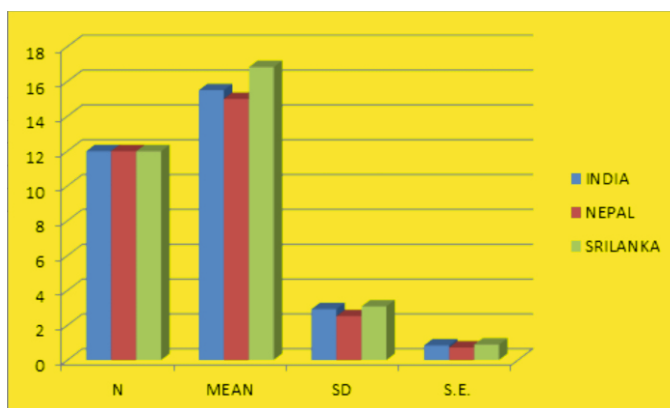


Fig. -2 Graph of the mean, standard deviation and standard error.

ANOVA

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	21.556	2	10.778	1.314	0.282
Within Groups	270.667	33	8.202		
Total	292.222	35			

Significant at 0.05 level (3,33)=2.50

Table-2: It appears from the table -2 that there was no significant difference of mental toughness among three countries as calculated F value (1.314) was less than the tabulated F value (2.50) at 0.05 level of significance.

Discussion of findings

The finding of the study reveals that there was no significant difference in case of mental toughness among India, Srilanka and Nepal kho-kho players. The insignificant difference was found may be due to the reason that the Indian, Srilanka, Nepal players undergone with very good training, tough schedule,

more confident, mentally tough, moreover they are highly motivated to win the gold medal in 12th South Asian Games. It could be the reason for the insignificant difference among India, Nepal, Srilanka volleyball players.

Conclusion:

- There is no significant difference in mental toughness among India, Nepal, Srilanka team.

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